

Patrick County Public Schools

Dec 1, 2022 thru Dec 20, 2022

Base Menu Spreadsheet

Breakfast

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 12/01/2022																
Breakfast	Total	5														
Muffin, Chocolate Chip	4 oz.	1	340	40	260	3.00	1.80	40.0	0	0.0	29	5.0	56.0	11.0	2.00	0.00
Egg & Cheese WG Croissant	1 each	1	241	134	334	1.00	*1.17	*45.0	*125	*0.0	2	10.29	17.76	13.56	5.28	0.00
CEREAL,VARIETY, 2 oz.	2 oz. bowl	1	227	0	343	3.67	9.90	216.7	750	8.0	14	3.67	45.33	4.17	0.33	0.00
CEREAL,VARIETY, 1 oz.	1 oz. bowl	1	114	0	172	2.44	8.33	63.8	319	3.83	5	2.63	24.19	1.19	0.00	0.00
Toast K-12	1.1 oz.	3	80	0	121	1.01	0.80	0.0	0	0.0	2	3.02	15.09	1.01	0.00	0.00
Jelly Grape Cup	28 grams	2	71	0	0	0.00	0.00	0.0	0	0.0	10	0.0	18.22	0.0	0.00	0.00
POPARTS, STRAWBERRY, 1 oz. WH	1 each	1	180	0	190	2.99	1.80	99.8	499	0.0	15	2.0	37.92	2.49	1.00	0.00
CHEESE,MOZZARELLA,STRING	1 each	1	86	15	150	0.00	0.07	207.2	147	0.0	*N/A*	7.36	1.09	5.68	3.59	*N/A*
FRUIT,FRESH ASSORTED	1 EACH	3	73	0	1	2.92	0.25	16.7	174	17.68	14	0.88	18.8	0.27	0.06	0.00
Juice 100% 4.23 oz. shelf stab	4.23	3	80	0	10	0.00	0.00	130.0	0	90.0	1	0.0	20.0	0.0	0.00	0.00
FRUIT JUICE,ASSORTED	4 fl.oz.	1	64	0	5	0.28	0.24	13.1	59	24.46	13	0.47	15.62	0.17	0.02	0.00
MILK - Variety	HALF PINT	4	117	6	155	0.00	0.23	300.6	497	0.67	*4	8.08	20.54	0.39	0.26	*0.00
Weighted Daily Average			513	43	493	5.03	*5.47	*465.6	*881	*72.40	*33	15.08	95.64	8.73	2.68	*0.00
% of Calories											*25.7%	11.8%	74.6%	15.3%	4.7%	*0.0%
Nutrient Guideline			450-500		540										<10.00	

Fri - 12/02/2022																
Breakfast	Total	2														
MANAGER'S CHOICE	SERVING	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CEREAL,VARIETY, 2 oz.	2 oz. bowl	1	227	0	343	3.67	9.90	216.7	750	8.0	14	3.67	45.33	4.17	0.33	0.00
CEREAL,VARIETY, 1 oz.	1 oz. bowl	1	114	0	172	2.44	8.33	63.8	319	3.83	5	2.63	24.19	1.19	0.00	0.00
Toast K-12	1.1 oz.	1	80	0	121	1.01	0.80	0.0	0	0.0	2	3.02	15.09	1.01	0.00	0.00
Jelly Grape Cup	28 grams	1	71	0	0	0.00	0.00	0.0	0	0.0	10	0.0	18.22	0.0	0.00	0.00
FRUIT,FRESH ASSORTED	1 EACH	2	73	0	1	2.92	0.25	16.7	174	17.68	14	0.88	18.8	0.27	0.06	0.00
FRUIT JUICE,ASSORTED	4 fl.oz.	1	64	0	5	0.28	0.24	13.1	59	24.46	13	0.47	15.62	0.17	0.02	0.00
Juice 100% 4.23 oz. shelf stab	4.23	1	80	0	10	0.00	0.00	130.0	0	90.0	1	0.0	20.0	0.0	0.00	0.00
MILK - Variety	HALF PINT	2	117	6	155	0.00	0.23	300.6	497	0.67	*4	8.08	20.54	0.39	0.26	*0.00
Weighted Daily Average			509	6	481	6.62	10.11	529.0	1235	81.50	*40	13.85	108.58	3.92	0.49	*0.00
% of Calories											*31.7%	10.9%	85.4%	6.9%	0.9%	*0.0%
Nutrient Guideline			450-500		540										<10.00	

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 12/05/2022																
Breakfast	Total	6														
Benefit Bar: Apple Cinnamon IW	2.5 oz.	1	289	15	240	2.99	1.80	20.0	0	0.0	22	4.99	47.91	8.98	2.99	0.00
BeneFIT Bar, Chocolate Chip	2.5 oz.	1	290	20	240	3.00	1.80	20.0	0	0.0	22	5.0	47.0	9.0	3.00	0.00
BeneFIT Bar: Maple Brown Sugar	1 Each	1	260	0	220	6.00	1.80	0.0	0	0.0	18	4.0	47.0	8.0	2.50	0.00
Pizza, Breakfast, Tony's Live	3.31 oz.	1	210	15	480	3.00	1.80	150.0	300	0.0	*N/A*	10.0	27.0	8.0	2.00	0.00
CEREAL,VARIETY, 2 oz.	2 oz. bowl	1	227	0	343	3.67	9.90	216.7	750	8.0	14	3.67	45.33	4.17	0.33	0.00
CEREAL,VARIETY, 1 oz.	1 oz. bowl	1	114	0	172	2.44	8.33	63.8	319	3.83	5	2.63	24.19	1.19	0.00	0.00
Toast K-12	1.1 oz.	1	80	0	121	1.01	0.80	0.0	0	0.0	2	3.02	15.09	1.01	0.00	0.00
Jelly Grape Cup	28 grams	1	71	0	0	0.00	0.00	0.0	0	0.0	10	0.0	18.22	0.0	0.00	0.00
Juice 100% 4.23 oz. shelf stab	4.23	4	80	0	10	0.00	0.00	130.0	0	90.0	1	0.0	20.0	0.0	0.00	0.00
FRUIT JUICE,ASSORTED	4 fl.oz.	2	64	0	5	0.28	0.24	13.1	59	24.46	13	0.47	15.62	0.17	0.02	0.00
FRUIT,FRESH ASSORTED	1 EACH	4	73	0	1	2.92	0.25	16.7	174	17.68	14	0.88	18.8	0.27	0.06	0.00
MILK - Variety	HALF PINT	4	117	6	155	0.00	0.23	300.6	497	0.67	*4	8.08	20.54	0.39	0.26	*0.00
Weighted Daily Average			459	12	415	5.73	4.77	380.9	695	82.36	*32	11.68	90.06	7.22	2.02	*0.00
% of Calories											*28.2%	10.2%	78.5%	14.2%	4.0%	*0.0%
Nutrient Guideline			450-500		540										<10.00	

Tue - 12/06/2022																
Breakfast	Total	4														
Muffins, Blueberry	4 oz.	0	310	35	250	2.00	1.80	40.0	100	1.2	25	5.0	51.0	10.0	1.00	0.00
Pancakes-WG Chocolate Chip Min	Bag	1	220	5	190	3.00	1.80	40.0	0	0.0	13	5.0	37.0	5.0	0.00	0.00
SYRUP,PANCAKE	1 TBSP	1	46	0	16	0.00	0.01	0.6	0	0.0	4	0.0	12.06	0.0	0.00	*N/A*
CEREAL,VARIETY, 2 oz.	2 oz. bowl	1	227	0	343	3.67	9.90	216.7	750	8.0	14	3.67	45.33	4.17	0.33	0.00
CEREAL,VARIETY, 1 oz.	1 oz. bowl	1	114	0	172	2.44	8.33	63.8	319	3.83	5	2.63	24.19	1.19	0.00	0.00
Toast K-12	1.1 oz.	1	80	0	121	1.01	0.80	0.0	0	0.0	2	3.02	15.09	1.01	0.00	0.00
Jelly Grape Cup	28 grams	1	71	0	0	0.00	0.00	0.0	0	0.0	10	0.0	18.22	0.0	0.00	0.00
FRUIT,FRESH ASSORTED	1 EACH	4	73	0	1	2.92	0.25	16.7	174	17.68	14	0.88	18.8	0.27	0.06	0.00
Juice 100% 4.23 oz. shelf stab	4.23	2	80	0	10	0.00	0.00	130.0	0	90.0	1	0.0	20.0	0.0	0.00	0.00
FRUIT JUICE,ASSORTED	4 fl.oz.	2	64	0	5	0.28	0.24	13.1	59	24.46	13	0.47	15.62	0.17	0.02	0.00
MILK - Variety	HALF PINT	4	117	6	155	0.00	0.23	300.6	497	0.67	*4	8.08	20.54	0.39	0.26	*0.00
Weighted Daily Average			452	7	374	5.59	5.80	469.1	967	78.54	*37	12.77	95.13	3.58	0.41	*0.00
% of Calories											*32.6%	11.3%	84.2%	7.1%	0.8%	*0.0%
Nutrient Guideline			450-500		540										<10.00	

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 12/07/2022																
Breakfast	Total	4														
Cinnamon Roll IW/ Icing Hadley	1 each	1	240	0	240	3.00	1.80	40.0	0	0.0	12	5.0	38.0	7.0	1.50	0.00
Biscuit, Chicken, Large	1 each	1	340	45	660	1.96	2.80	80.0	0	0.0	3	13.0	39.0	15.0	5.50	0.00
CEREAL,VARIETY, 2 oz.	2 oz. bowl	1	227	0	343	3.67	9.90	216.7	750	8.0	14	3.67	45.33	4.17	0.33	0.00
CEREAL,VARIETY, 1 oz.	1 oz. bowl	1	114	0	172	2.44	8.33	63.8	319	3.83	5	2.63	24.19	1.19	0.00	0.00
Toast K-12	1.1 oz.	1	80	0	121	1.01	0.80	0.0	0	0.0	2	3.02	15.09	1.01	0.00	0.00
Jelly Grape Cup	28 grams	1	71	0	0	0.00	0.00	0.0	0	0.0	10	0.0	18.22	0.0	0.00	0.00
FRUIT,FRESH ASSORTED	1 EACH	2	73	0	1	2.92	0.25	16.7	174	17.68	14	0.88	18.8	0.27	0.06	0.00
Juice 100% 4.23 oz. shelf stab	4.23	2	80	0	10	0.00	0.00	130.0	0	90.0	1	0.0	20.0	0.0	0.00	0.00
FRUIT JUICE,ASSORTED	4 fl.oz.	2	64	0	5	0.28	0.24	13.1	59	24.46	13	0.47	15.62	0.17	0.02	0.00
MILK - Variety	HALF PINT	3	117	6	155	0.00	0.23	300.6	497	0.67	*4	8.08	20.54	0.39	0.26	*0.00
Weighted Daily Average % of Calories			465	16	508	4.62	6.32	405.4	756	69.53	*29 *24.5%	13.56 11.7%	87.58 75.4%	7.60 14.7%	2.06 4.0%	*0.00 *0.0%
Nutrient Guideline			450-500		540											<10.00

Thu - 12/08/2022																
Breakfast	Total	4														
Strawberry Mini Bagel	2.43 oz.	1	240	10	180	2.00	1.08	20.0	0	1.2	13	6.0	41.0	6.0	2.50	0.00
MANAGER'S CHOICE	SERVING	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CEREAL,VARIETY, 2 oz.	2 oz. bowl	1	227	0	343	3.67	9.90	216.7	750	8.0	14	3.67	45.33	4.17	0.33	0.00
CEREAL,VARIETY, 1 oz.	1 oz. bowl	1	114	0	172	2.44	8.33	63.8	319	3.83	5	2.63	24.19	1.19	0.00	0.00
Toast K-12	1.1 oz.	2	80	0	121	1.01	0.80	0.0	0	0.0	2	3.02	15.09	1.01	0.00	0.00
Jelly Grape Cup	28 grams	2	71	0	0	0.00	0.00	0.0	0	0.0	10	0.0	18.22	0.0	0.00	0.00
CHEESE,MOZZARELLA,STRING	1 each	1	86	15	150	0.00	0.07	207.2	147	0.0	*N/A*	7.36	1.09	5.68	3.59	*N/A*
FRUIT,FRESH ASSORTED	1 EACH	3	73	0	1	2.92	0.25	16.7	174	17.68	14	0.88	18.8	0.27	0.06	0.00
Juice 100% 4.23 oz. shelf stab	4.23	3	80	0	10	0.00	0.00	130.0	0	90.0	1	0.0	20.0	0.0	0.00	0.00
FRUIT JUICE,ASSORTED	4 fl.oz.	1	64	0	5	0.28	0.24	13.1	59	24.46	13	0.47	15.62	0.17	0.02	0.00
MILK - Variety	HALF PINT	3	117	6	155	0.00	0.23	300.6	497	0.67	*4	8.08	20.54	0.39	0.26	*0.00
Weighted Daily Average % of Calories			461	11	397	4.79	5.66	465.6	822	90.64	*31 *27.2%	13.26 11.5%	92.98 80.6%	5.30 10.3%	1.85 3.6%	*0.00 *0.0%
Nutrient Guideline			450-500		540											<10.00

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 12/09/2022																
Breakfast	Total	4														
DONUT- WG GLAZED YEAST IW	1 EACH	1	230	0	260	2.00	1.44	99.8	0	5.99	6	4.99	28.95	10.98	3.99	0.00
Biscuit & Gravy	1 serving	1	300	0	940	1.00	1.44	106.0	0	0.0	3	5.0	41.0	13.0	7.00	0.00
CEREAL,VARIETY, 2 oz.	2 oz. bowl	1	227	0	343	3.67	9.90	216.7	750	8.0	14	3.67	45.33	4.17	0.33	0.00
CEREAL,VARIETY, 1 oz.	1 oz. bowl	1	114	0	172	2.44	8.33	63.8	319	3.83	5	2.63	24.19	1.19	0.00	0.00
Toast K-12	1.1 oz.	1	80	0	121	1.01	0.80	0.0	0	0.0	2	3.02	15.09	1.01	0.00	0.00
FRUIT,FRESH ASSORTED	1 EACH	3	73	0	1	2.92	0.25	16.7	174	17.68	14	0.88	18.8	0.27	0.06	0.00
Jelly Grape Cup	28 grams	1	71	0	0	0.00	0.00	0.0	0	0.0	10	0.0	18.22	0.0	0.00	0.00
FRUIT JUICE,ASSORTED	4 fl.oz.	3	64	0	5	0.28	0.24	13.1	59	24.46	13	0.47	15.62	0.17	0.02	0.00
Juice 100% 4.23 oz. shelf stab	4.23	1	80	0	10	0.00	0.00	130.0	0	90.0	1	0.0	20.0	0.0	0.00	0.00
MILK - Variety	HALF PINT	4	117	6	155	0.00	0.23	300.6	497	0.67	*4	8.08	20.54	0.39	0.26	*0.00
Weighted Daily Average % of Calories			496	6	620	4.93	6.07	477.0	939	59.23	*35 *27.8%	13.92 11.2%	94.56 76.3%	8.30 15.1%	3.15 5.7%	*0.00 *0.0%
Nutrient Guideline			450-500		540											<10.00

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 12/12/2022																
Breakfast	Total	4														
MANAGER'S CHOICE	SERVING	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
French Toast Sticks WG	3 piece	1	250	0	300	4.00	2.78	218.0	410	7.44	8	7.0	36.0	9.0	1.50	0.00
SYRUP,PANCAKE	1 TBSP	1	46	0	16	0.00	0.01	0.6	0	0.0	4	0.0	12.06	0.0	0.00	*N/A*
CEREAL,VARIETY, 2 oz.	2 oz. bowl	1	227	0	343	3.67	9.90	216.7	750	8.0	14	3.67	45.33	4.17	0.33	0.00
CEREAL,VARIETY, 1 oz.	1 oz. bowl	2	114	0	172	2.44	8.33	63.8	319	3.83	5	2.63	24.19	1.19	0.00	0.00
Toast K-12	1.1 oz.	2	80	0	121	1.01	0.80	0.0	0	0.0	2	3.02	15.09	1.01	0.00	0.00
Jelly Grape Cup	28 grams	2	71	0	0	0.00	0.00	0.0	0	0.0	10	0.0	18.22	0.0	0.00	0.00
CHEESE,MOZZARELLA,STRING	1 each	1	86	15	150	0.00	0.07	207.2	147	0.0	*N/A*	7.36	1.09	5.68	3.59	*N/A*
FRUIT,FRESH ASSORTED	1 EACH	3	73	0	1	2.92	0.25	16.7	174	17.68	14	0.88	18.8	0.27	0.06	0.00
Juice 100% 4.23 oz. shelf stab	4.23	1	80	0	10	0.00	0.00	130.0	0	90.0	1	0.0	20.0	0.0	0.00	0.00
FRUIT JUICE,ASSORTED	4 fl.oz.	3	64	0	5	0.28	0.24	13.1	59	24.46	13	0.47	15.62	0.17	0.02	0.00
MILK - Variety	HALF PINT	3	117	6	155	0.00	0.23	300.6	497	0.67	*4	8.08	20.54	0.39	0.26	*0.00
Weighted Daily Average % of Calories			496	8	471	6.04	8.29	472.8	1033	60.38	*39 *31.1%	14.40 11.6%	98.60 79.5%	6.43 11.7%	1.61 2.9%	*0.00 *0.0%
Nutrient Guideline			450-500		540											<10.00

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Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 12/13/2022																
Breakfast	Total	4														
Cinnamon Roll IW/ Icing Hadley	1 each	1	240	0	240	3.00	1.80	40.0	0	0.0	12	5.0	38.0	7.0	1.50	0.00
BISCUITS W/SAUSAGE, Large	1 EACH	1	290	20	570	2.00	1.44	120.0	0	0.0	*3	11.0	28.0	15.0	6.50	0.00
CEREAL,VARIETY, 2 oz.	2 oz. bowl	1	227	0	343	3.67	9.90	216.7	750	8.0	14	3.67	45.33	4.17	0.33	0.00
CEREAL,VARIETY, 1 oz.	1 oz. bowl	1	114	0	172	2.44	8.33	63.8	319	3.83	5	2.63	24.19	1.19	0.00	0.00
Toast K-12	1.1 oz.	1	80	0	121	1.01	0.80	0.0	0	0.0	2	3.02	15.09	1.01	0.00	0.00
Jelly Grape Cup	28 grams	1	71	0	0	0.00	0.00	0.0	0	0.0	10	0.0	18.22	0.0	0.00	0.00
CHEESE,MOZZARELLA,STRING	1 each	1	86	15	150	0.00	0.07	207.2	147	0.0	*N/A*	7.36	1.09	5.68	3.59	*N/A*
FRUIT,FRESH ASSORTED	1 EACH	3	73	0	1	2.92	0.25	16.7	174	17.68	14	0.88	18.8	0.27	0.06	0.00
Juice 100% 4.23 oz. shelf stab	4.23	3	80	0	10	0.00	0.00	130.0	0	90.0	1	0.0	20.0	0.0	0.00	0.00
FRUIT JUICE,ASSORTED	4 fl.oz.	1	64	0	5	0.28	0.24	13.1	59	24.46	13	0.47	15.62	0.17	0.02	0.00
MILK - Variety	HALF PINT	2	117	6	155	0.00	0.23	300.6	497	0.67	*4	8.08	20.54	0.39	0.26	*0.00
Weighted Daily Average			467	12	486	5.29	5.94	425.5	697	90.17	*28	12.98	85.76	8.95	3.16	*0.00
% of Calories											*23.8%	11.1%	73.5%	17.3%	6.1%	*0.0%
Nutrient Guideline			450-500		540										<10.00	

Wed - 12/14/2022																
Breakfast	Total	5														
Muffin, Orange Dream	4 oz.	1	330	40	270	2.00	1.80	40.0	100	0.0	28	5.0	55.0	10.0	1.50	0.00
Egg, Omelette- Cheddar Cheese	1 Each	1	130	170	290	0.00	1.08	60.0	0	0.0	0	7.0	1.0	11.0	3.50	0.00
CEREAL,VARIETY, 2 oz.	2 oz. bowl	1	227	0	343	3.67	9.90	216.7	750	8.0	14	3.67	45.33	4.17	0.33	0.00
CEREAL,VARIETY, 1 oz.	1 oz. bowl	1	114	0	172	2.44	8.33	63.8	319	3.83	5	2.63	24.19	1.19	0.00	0.00
Toast K-12	1.1 oz.	2	80	0	121	1.01	0.80	0.0	0	0.0	2	3.02	15.09	1.01	0.00	0.00
Jelly Grape Cup	28 grams	2	71	0	0	0.00	0.00	0.0	0	0.0	10	0.0	18.22	0.0	0.00	0.00
CHEESE,MOZZARELLA,STRING	1 each	1	86	15	150	0.00	0.07	207.2	147	0.0	*N/A*	7.36	1.09	5.68	3.59	*N/A*
FRUIT,FRESH ASSORTED	1 EACH	5	73	0	1	2.92	0.25	16.7	174	17.68	14	0.88	18.8	0.27	0.06	0.00
Juice 100% 4.23 oz. shelf stab	4.23	3	80	0	10	0.00	0.00	130.0	0	90.0	1	0.0	20.0	0.0	0.00	0.00
FRUIT JUICE,ASSORTED	4 fl.oz.	2	64	0	5	0.28	0.24	13.1	59	24.46	13	0.47	15.62	0.17	0.02	0.00
MILK - Variety	HALF PINT	4	117	6	155	0.00	0.23	300.6	497	0.67	*4	8.08	20.54	0.39	0.26	*0.00
Weighted Daily Average			479	50	426	5.06	5.08	457.9	858	84.37	*37	13.87	92.14	7.46	2.06	*0.00
% of Calories											*30.9%	11.6%	77.0%	14.0%	3.9%	*0.0%
Nutrient Guideline			450-500		540										<10.00	

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Patrick County Public Schools

Dec 1, 2022 thru Dec 20, 2022

Base Menu Spreadsheet

Breakfast

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 12/15/2022																
Breakfast	Total	3														
MANAGER'S CHOICE	SERVING	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Breakfast Pizza- Bacon Scrambl	2.95 oz	1	210	55	320	2.00	1.80	150.0	0	0.0	5	10.0	23.0	8.0	3.50	0.00
CEREAL,VARIETY, 2 oz.	2 oz. bowl	1	227	0	343	3.67	9.90	216.7	750	8.0	14	3.67	45.33	4.17	0.33	0.00
CEREAL,VARIETY, 1 oz.	1 oz. bowl	1	114	0	172	2.44	8.33	63.8	319	3.83	5	2.63	24.19	1.19	0.00	0.00
Toast K-12	1.1 oz.	1	80	0	121	1.01	0.80	0.0	0	0.0	2	3.02	15.09	1.01	0.00	0.00
Jelly Grape Cup	28 grams	1	71	0	0	0.00	0.00	0.0	0	0.0	10	0.0	18.22	0.0	0.00	0.00
FRUIT,FRESH ASSORTED	1 EACH	3	73	0	1	2.92	0.25	16.7	174	17.68	14	0.88	18.8	0.27	0.06	0.00
Juice 100% 4.23 oz. shelf stab	4.23	1	80	0	10	0.00	0.00	130.0	0	90.0	1	0.0	20.0	0.0	0.00	0.00
FRUIT JUICE,ASSORTED	4 fl.oz.	2	64	0	5	0.28	0.24	13.1	59	24.46	13	0.47	15.62	0.17	0.02	0.00
MILK - Variety	HALF PINT	3	117	6	155	0.00	0.23	300.6	497	0.67	*4	8.08	20.54	0.39	0.26	*0.00
Weighted Daily Average % of Calories			494	24	481	6.15	7.58	512.8	1066	68.60	*39 *31.5%	15.71 12.7%	98.37 79.6%	5.56 10.1%	1.61 2.9%	*0.00 *0.0%
Nutrient Guideline			450-500		540											<10.00

Fri - 12/16/2022																
Breakfast	Total	5														
Wow/Jammer WG	2.4 oz	1	290	0	310	5.00	1.80	100.0	0	0.0	12	12.0	29.0	16.0	2.50	0.00
Biscuit & Gravy	serving	1	300	0	940	1.00	1.44	106.0	0	0.0	3	5.0	41.0	13.0	7.00	0.00
CEREAL,VARIETY, 2 oz.	2 oz. bowl	1	227	0	343	3.67	9.90	216.7	750	8.0	14	3.67	45.33	4.17	0.33	0.00
CEREAL,VARIETY, 1 oz.	1 oz. bowl	1	114	0	172	2.44	8.33	63.8	319	3.83	5	2.63	24.19	1.19	0.00	0.00
Toast K-12	1.1 oz.	2	80	0	121	1.01	0.80	0.0	0	0.0	2	3.02	15.09	1.01	0.00	0.00
CHEESE,MOZZARELLA,STRING	1 each	1	86	15	150	0.00	0.07	207.2	147	0.0	*N/A*	7.36	1.09	5.68	3.59	*N/A*
Jelly Grape Cup	28 grams	2	71	0	0	0.00	0.00	0.0	0	0.0	10	0.0	18.22	0.0	0.00	0.00
FRUIT,FRESH ASSORTED	1 EACH	4	73	0	1	2.92	0.25	16.7	174	17.68	14	0.88	18.8	0.27	0.06	0.00
Juice 100% 4.23 oz. shelf stab	4.23	1	80	0	10	0.00	0.00	130.0	0	90.0	1	0.0	20.0	0.0	0.00	0.00
FRUIT JUICE,ASSORTED	4 fl.oz.	3	64	0	5	0.28	0.24	13.1	59	24.46	13	0.47	15.62	0.17	0.02	0.00
MILK - Variety	HALF PINT	3	117	6	155	0.00	0.23	300.6	497	0.67	*4	8.08	20.54	0.39	0.26	*0.00
Weighted Daily Average % of Calories			447	7	530	5.33	5.11	366.3	716	49.59	*33 *29.6%	13.17 11.8%	82.19 73.5%	8.96 18.0%	2.90 5.8%	*0.00 *0.0%
Nutrient Guideline			450-500		540											<10.00

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Patrick County Public Schools

Dec 1, 2022 thru Dec 20, 2022

Base Menu Spreadsheet

Breakfast

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 12/19/2022																
Breakfast	Total	3														
MANAGER'S CHOICE	SERVING	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Pancakes- Blueberry Mini WG I/ SYRUP,PANCAKE	1 Each	1	200	5	230	3.00	1.08	60.0	0	0.0	13	5.0	36.0	4.0	0.50	0.00
	1 TBSP	1	46	0	16	0.00	0.01	0.6	0	0.0	4	0.0	12.06	0.0	0.00	*N/A*
CEREAL,VARIETY, 2 oz.	2 oz. bowl	1	227	0	343	3.67	9.90	216.7	750	8.0	14	3.67	45.33	4.17	0.33	0.00
CEREAL,VARIETY, 1 oz.	1 oz. bowl	1	114	0	172	2.44	8.33	63.8	319	3.83	5	2.63	24.19	1.19	0.00	0.00
Toast K-12	1.1 oz.	1	80	0	121	1.01	0.80	0.0	0	0.0	2	3.02	15.09	1.01	0.00	0.00
Jelly Grape Cup	28 grams	1	71	0	0	0.00	0.00	0.0	0	0.0	10	0.0	18.22	0.0	0.00	0.00
FRUIT,FRESH ASSORTED	1 EACH	3	73	0	1	2.92	0.25	16.7	174	17.68	14	0.88	18.8	0.27	0.06	0.00
Juice 100% 4.23 oz. shelf stab	4.23	1	80	0	10	0.00	0.00	130.0	0	90.0	1	0.0	20.0	0.0	0.00	0.00
FRUIT JUICE,ASSORTED	4 fl.oz.	2	64	0	5	0.28	0.24	13.1	59	24.46	13	0.47	15.62	0.17	0.02	0.00
MILK - Variety	HALF PINT	3	117	6	155	0.00	0.23	300.6	497	0.67	*4	8.08	20.54	0.39	0.26	*0.00
Weighted Daily Average			506	8	456	6.48	7.34	483.0	1066	68.60	*43	14.04	106.73	4.23	0.61	*0.00
% of Calories											*33.9%	11.1%	84.3%	7.5%	1.1%	*0.0%
Nutrient Guideline			450-500		540										<10.00	

Tue - 12/20/2022																
Breakfast	Total	3														
MANAGER'S CHOICE	SERVING	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Biscuit, Chicken, Large	1 each	1	340	45	660	1.96	2.80	80.0	0	0.0	3	13.0	39.0	15.0	5.50	0.00
CEREAL,VARIETY, 2 oz.	2 oz. bowl	1	227	0	343	3.67	9.90	216.7	750	8.0	14	3.67	45.33	4.17	0.33	0.00
CEREAL,VARIETY, 1 oz.	1 oz. bowl	1	114	0	172	2.44	8.33	63.8	319	3.83	5	2.63	24.19	1.19	0.00	0.00
Toast K-12	1.1 oz.	1	80	0	121	1.01	0.80	0.0	0	0.0	2	3.02	15.09	1.01	0.00	0.00
Jelly Grape Cup	28 grams	1	71	0	0	0.00	0.00	0.0	0	0.0	10	0.0	18.22	0.0	0.00	0.00
FRUIT,FRESH ASSORTED	1 EACH	2	73	0	1	2.92	0.25	16.7	174	17.68	14	0.88	18.8	0.27	0.06	0.00
Juice 100% 4.23 oz. shelf stab	4.23	2	80	0	10	0.00	0.00	130.0	0	90.0	1	0.0	20.0	0.0	0.00	0.00
FRUIT JUICE,ASSORTED	4 fl.oz.	1	64	0	5	0.28	0.24	13.1	59	24.46	13	0.47	15.62	0.17	0.02	0.00
MILK - Variety	HALF PINT	3	117	6	155	0.00	0.23	300.6	497	0.67	*4	8.08	20.54	0.39	0.26	*0.00
Weighted Daily Average			518	21	596	5.07	7.75	522.9	989	84.56	*30	16.26	98.90	7.75	2.25	*0.00
% of Calories											*22.8%	12.5%	76.3%	13.4%	3.9%	*0.0%
Nutrient Guideline			450-500		540										<10.00	

Weighted Average			483	17	481	5.48	*6.52	*459.6	*909	*74.32	*35	13.90	94.80	6.71	1.92	*0.00
											*64.5%	11.5%	78.5%	12.5%	3.6%	*0.0%

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Patrick County Public Schools

Dec 1, 2022 thru Dec 20, 2022

Base Menu Spreadsheet

Breakfast

Portion Values - Detailed

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Nutrient	Menu AVG	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
		% of Cals	Weekly Target		% of Target	Miss Data	Shortfall		Overage	Error Messages (if any)							
Calories	483		450 - 500		100%												
Cholesterol (mg)	17																
Sodium 1 (mg)	481			540													
Sodium 2 (mg)	481			485													
Fiber (g)	5.48																
Iron (mg)	6.52					Missing											
Calcium (mg)	459.6					Missing											
Vitamin A (IU)	909					Missing											
Sugars (g)	35	28.67%				Missing											
Vitamin C (mg)	74.32					Missing											
Protein (g)	13.90	11.51%															
Carbohydrate (g)	94.80	78.51%															
Total Fat (g)	6.71	12.51%															
Saturated Fat (g)	1.92	3.57%		<10.00%													
Trans Fat ¹ (g)	0.00	0.00%				Missing											

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